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HALIFAX metro



Demystifying the Bayers Lake 'Mystery Walls'

Archeological society urging city to act to protect historical site **PAGE 4**

'I call it Halifax Christmas ...'

'... It's my favourite time of year,' local musician Trevor Murphy says of the upcoming Halifax Pop Explosion **PAGE 7**

Earth on pace for hottest year on record

September temperatures highest in 135 years, say scientists **PAGE 11**

WANTED: CHL MINIMUM WAGE?

CLASS-ACTION LAWSUIT ALLEGES CANADIAN HOCKEY LEAGUE PLAYERS HAVE BEEN PAID LESS THAN MINIMUM WAGE, ASKS FOR \$180M IN BACK WAGES **PAGE 21**

'Very cool' find at Halifax dockyard



Rear Admiral John Newton looks over an anchor that has been unearthed at CFB Halifax and is believed to belong to HMCS Niobe.

JEFF HARPER/METRO

HMCS Niobe.

Demolition crews dig up anchor believed to belong to Canada's first warship



RUTH DAVENPORT
ruth.davenport@metronews.ca

The discovery of an anchor in Halifax's dockyards believed to have belonged to Canada's first naval warship was an event so significant navy officials abandoned all pomp and circumstance to show off the find.

"I have no prepared script. In fact, we're doing this a bit on the fly," said Rear Admiral John Newton, commander of Maritime Forces Atlantic, at a news conference Monday.

Demolition crews unearthed the 900-kilogram, four-metre-long anchor on Oct. 14 during work on a new jetty for the Arctic Offshore Patrol Vessels. The director of the Naval Museum of Halifax said he's "85 to 90 per cent certain" it belonged to HMCS Niobe, the first Canadian warship to enter the country's territorial waters, on Oct. 21, 1910.

"There's only two ships that could have handled an anchor that size. One is Niobe, the other is (HMCS) Rainbow," said Richard Sanderson, who described the find as "very cool."

The anchor is believed to be one of three bow anchors added to secure Niobe after the Halifax Explosion tore the ship's sea anchor from the seabed near Jetty 4, where it was moored as a depot ship.

Sanderson said the anchor's position, along with archived photographs of Niobe after the Explosion, were strong clues to its origin. "The anchor was placed with the crown ... towards the west, with the flukes digging into the ground about three feet down," said Sanderson. "The (chain) links went straight out in an absolute straight line to the water."

Newton said in a city full of historical artifacts and sites, the anchor stands out because it connects contemporary naval personnel in Halifax with the beginnings of the service in Canada.

"Our navy really has in its hand, in Niobe, in this anchor, a piece of memorabilia, an artifact that ties us to our foundation and allows us to reconnect with all our history," he said.



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Immigration museum has 'a lot more to talk about'

Pier 21. Museum to close until May 2015 in order to update exhibits and tell the stories of more people



HALEY RYAN

haley.ryan@metronews.ca

The Canadian Museum of Immigration at Pier 21 in Halifax will be closed over the next six months to update current exhibits and make room for the new stories of immigrants across the country.

Marie Chapman, museum CEO, said when they became a national museum in 2011 their mandate shifted to telling the whole story of Canadian immigration, not just Pier 21, so now there's "a lot more to talk about."

"As the world becomes more global, it's really important to remember the humanity of immigration and the importance it plays in a country like ours that's so new," Chapman said Monday.

Starting this Saturday until May of next year, the museum will undergo renovations to overhaul the current Pier 21 exhibit and install the national one where the rental hall is now, Chapman said. A new rental space will be built behind the Canadian exhibit.

The project will be funded through the federal government, who promised \$25 million over five years to upgrade the museum.

Immigration is an ongoing part of our history and future



A visitor to the Canadian Museum of Immigration looks over a display on Monday. JEFF HARPER/METRO

in Canada, Chapman said, so part of the exhibit will be "evergreen" and they can add or change things as the years go on.

Much of the new exhibit will be designed here, fabricated in Toronto and installed in March and April, Chapman said, while artifacts are also being sought out from museums across the country, plus the CBC archives and National Film Board.

Quoted

"We will have on display treasures from coast to coast."

Marie Chapman, CEO of the Canadian Museum of Immigration

Chapman said the new and updated spaces will be showcasing both the positive and challenging stories of immigrants, and make the experience more "immersive" thanks to modern technology.

"Finding a place to live or shock at the cold, or discrimination, or the generosity of a stranger," Chapman said.

The updated Pier 21 exhibit, focusing on the million

people who passed through its gates between 1928 and 1971, will start with visitors seeing a large map, boarding a ship and landing. Then they can literally "walk in the footsteps" of immigrants to Halifax.

"People want a place to call their own, and to feel like maybe they're reflected a little bit in it, and I hope that that's what we achieve," Chapman said.

1 NEWS

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Group wants a plan for mystery historical site

Bayers Lake. Located in the woods at the end of Lovett Kale Court



RUTH DAVENPORT
ruth.davenport@metronews.ca

A local historical society is hoping a motion coming to regional council will help get the ball rolling on demystifying one of Halifax's lesser-known heritage sites.

Coun. Reg Rankin will table a request on Tuesday for a staff report on the Bayers Lake Historical Site, also known as the Mystery Walls site, exploring possible partnerships with the Nova Scotia Archeological Society for protecting the site.

"It asks the question: You own the land, what are you going to do with it?" said John Bignell, chair of the society's advocacy committee for the site.

The site, located in the woods at the end of Lovett Lake Court, consists of about 150 metres of dry-stone wall near the foundations of two dry-stone polygonal building foundations, the smaller of which abuts a vertical cliff face and stone staircase.

The site has been protected under the provincial



Coun. Reg Rankin METRO FILE

Special Places Act since 1991, but Bignell said there's only minimal signage about the protected status — a problem as Bayers Lake has grown and more people discover the site.

"We want to make sure ... when people are brought there, they know where to walk, where not to walk, they can't bring metal detectors, if they remove an object, it's against a provincial law," he said.

Bignell said HRM has the resources to bring in professionals who could draw up a long-term preservation plan, and finally begin to answer some of the many questions surrounding the site — ranging from the basics of how old it is to what it was used for.

"You look through the research ... there's a lot of



John Bignell, left, Terry Deveau and Keagan, 7, of the Nova Scotia Archeology Society look over a section of wall in Bayers Lake on Monday. JEFF HARPER/METRO

unknowns," he said. "Why a five-sided building? Was it used in preparation for Louisbourg? Was it a summer outpost for the Citadel?"

As the land is already protected, Bignell said the city

isn't facing the usual conflicting concerns of historical preservation and development.

"We're not competing against a developer who says a hotel would look good there,"

he said. "So it should be fairly straightforward to say, let's open up the discussion, let's bring ... all the stakeholders concerned about this site in one room and say, what can we do?"

N.S. Ebola risk small in province: Dr. Strang

The chief medical officer for Nova Scotia says the threat to Nova Scotians by Ebola is small, but the health-care system throughout the province is doing the best it can to prepare in the event that a case were to appear.

A rapid response team arrived in the province this week to review Ebola protocols with local Nova Scotia health professionals.

During their meetings, Dr. Robert Strang said they discussed roles various professionals would play in the event of an Ebola outbreak.

He said everything went well and they had a good discussion. With any type of urgent or emergency response, he said it's important that you practise before the event actually happens.

He said he also asked the team whether they were willing to work with Nova Scotia to plan something more robust. He'd like to see a drill where health workers practised taking an at-risk patient from a suspected case to transportation to isolation.

"That's a much bigger exercise, which would take some time to plan," he said.

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Dr. Robert Strang
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Westville

Man to remain in custody in aggravated assault case

A 23-year-old Nova Scotia man charged with aggravated assault will remain in custody until his bail hearing next week.

Steven James Lawrence of Westville was charged recently in connection with an alleged incident on Thanksgiving weekend that involved a 46-year-old man being sent to a Halifax hospital with life-threatening head injuries.

Lawrence made a brief court appearance Monday in Pictou provincial court during which time his lawyer agreed that he be remanded into custody

until Oct. 27 for a bail hearing.

Glenn Fraser, the man injured outside the Cabaret bar, was airlifted to Halifax with life-threatening head injuries.

According to a post on a fundraiser page set up for him, he is still in critical condition with multiple skull fractures, bleeding in the brain and at present is still unable to breathe on his own.

"Specialists have informed the family that with this definite brain damage and the areas affected, Glenn will not be the same person he once was," the post on youcaring.com states.

Donations can be made to any Bank of Montreal branch, transit 0182 ACCOUNT 3983-567 c/o Jack Fraser (for Glenn).

NEW GLASGOW NEWS

Emissions

Another round of tests underway at pulp mill

The Nova Scotia government says another round of emissions testing is underway at the Northern Pulp mill in the Pictou area.

The province's Environment Department says the latest tests are expected to show whether work to fix a problem with the mill's power boiler during a shutdown in September has reduced emissions.

Consulting firm Stantec Consulting is carrying out the tests, which are expected to conclude Friday and are required under a government compliance order issued in August.

THE CANADIAN PRESS



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Native Women's Association wants national inquiry

A very personal issue.

Missing, murdered women a critical topic, conference hears

A mother of three daughters, Dawn Harvard has a very personal motivation to break the cycle of violence against aboriginal women.

As vice-president of the Native Women's Association of Canada, Harvard is in Cape Breton this week for the National Aboriginal Women's Summit being held in Membertou.

"I have three daughters and I would like to hope that when they're in this position, they won't still be discussing this issue, they'll have moved on to something much greater and more positive," she said.

Harvard said her 10-year-old daughter recently overheard her giving a media interview, in which she said that aboriginal women are 3.5

At a glance

- The Native Women's Association has repeatedly called on the federal government to hold a national inquiry into murdered and missing aboriginal women, but so far it has refused.

times more likely to experience violence than non-aboriginal women — a comment that led her daughter to ask if she was in danger.

And while her instinct as a mother was to tell the girl she was safe and protected, Harvard said she knew the answer wasn't that simple.

In an effort to turn things around for the next generation, Harvard and 175 delegates are gathered in Membertou for the national summit, which got underway Monday and continues until Wednesday. **CAPE BRETON POST**



Prices unveiled for Bryan Adams show

Ticket prices were announced on Monday for an Evening with Bryan Adams as part of The Reckless Tour that hits the Scotiabank Centre on Feb. 18. Tickets go on sale Saturday at 9 a.m., with prices ranging from \$28.50 to \$107, including taxes. Tickets can be purchased through Ticket Atlantic and all of its outlets.

GARETH CATTERMOLE/GETTY IMAGES

Dartmouth

Man robbed bank machine: Cops

Police say a man was robbed and assaulted after taking out money from a bank machine in Dartmouth.

The 56-year-old victim was walking back to his car at the Bank of Montreal at 254 Baker Dr. around 10:30 p.m. Sunday, when the suspect approached him with a gun and demanded his money and bank card.

Police say the victim gave the robber his cash and wristwatch, and was then struck in the face several times. He suffered minor injuries and was treated and released from the Dartmouth General Hospital. Police describe the suspect as a black man between the ages of 30 and 40, about five-foot-five with a heavy build, short dark hair and stubble on his face.

He was wearing white sneakers, blue jeans, blue shirt, gray zip-up jacket and white gloves.

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Alleged bike gang member arrested on drug charges

A man with ties to the Bacchus motorcycle gang has been arrested after a drug search in Halifax.

A release from Halifax Regional Police states a search warrant was executed in a home on Chelmsford Place shortly after midnight Sunday.

The release states that investigators seized cocaine, marijuana and drug paraphernalia.

David James Bishop, 32, and Tammy May Bishop, 39, were arrested at the scene.

Known to police

Halifax Regional Police Const. Pierre Bourdages wouldn't confirm any gang affiliations of the man arrested during Sunday's search, but said he is known to police.

Each faces a charge of drug possession and one of possession for the purpose of trafficking, and will appear in Halifax provincial court today.

Bishop was arrested in March 2013 in connection with an investigation into the smuggling of drugs into the Central Nova Scotia Correctional Facility.

He pleaded guilty to five drug-related charges and was sentenced in April to 2-1/2 years in prison.

His arrest and imprisonment were described by law enforcement officials at the time as a "significant blow" to the Bacchus organization.

RUTH DAVENPORT/METRO

Arrests made

Woman robbed, threatened with knife: Police

Two female teens are facing charges after a woman was robbed and threatened in her home on Sunday.

Just before 5 p.m., police say three people pushed their way into the victim's home on Kennedy Drive in Dartmouth.

One of the suspects threatened the 21-year-old victim with a knife, and took money from her wallet.

The suspects fled the scene but two of them — both female, aged 16 and 18, respectively — were located at a residence near the site of the robbery.

Both are now charged with robbery, break and enter, mischief, possession of a weapon dangerous to the public, uttering

threats and wearing a disguise with intent.

The third suspect hasn't been located.

The victim wasn't injured and police don't think the robbery was random. **METRO**

On the web

For more local news, go to metronews.ca



An Explosion of local love

Halifax Pop Explosion. Popular musical festival highlights homegrown talent with new campaign



HALEY RYAN
haley.ryan@metronews.ca

The leaves may still be turning brilliant colours on the trees, but Christmas is in the air for Trevor Murphy.

Murphy, of Halifax's "bleeding heart folk-rock" band Quiet Parade, said Monday he was looking forward to playing at the Halifax Pop Explosion, stretching Tuesday till Saturday, because this week is "the height of cool music in Halifax."

"I call it Halifax Christmas," Murphy said. "It's my favourite time of year."

Playing in the festival is different from any other show, Murphy said, because with thousands of extra people in town, anyone from Toronto music critics to delegates from Europe could be in the audience.

"There's always that little bit of extra nerves," Murphy said. "It kind of forces you to up your game a little bit."

Quiet Parade plays Saturday night at The Carleton, in a showcase for the new Listen Local campaign that festival executive director James Boyle said will go beyond Halifax Pop Explosion.

Boyle said the Pop Explosion has always been about supporting Atlantic talent but they haven't had a way to frame it until now.

The site at listenlocal.ca has a local playlist, also found on the HPX app, and a schedule



Members of Heaven for Real Nathan Doucet, left, and Mark Grundy pose for the camera with a photo of band mate J. Scott Grundy on Monday. JEFF HARPER/METRO

Christmas comes early

"I call it Halifax Christmas. It's my favourite time of year."

Trevor Murphy, of Halifax band Quiet Parade

of local shows.

"We wanted to ... create a bit of a demand," Boyle said. "Say, 'Hey everyone, this is

happening here."

Mark Grundy is a member of the experimental-pop "baby jazz" trio Heaven for

Real, which plays a free show at Gus' Pub Saturday.

He said he's been in the festival with various bands for a long time but, over the last three or four years, HPX seems to "be hitting a really nice stride" by using week-long bracelets and becoming more accessible.

"It's good for the city," Grundy said. "They cover

Local bands

69

The number of local bands playing at the Halifax Pop Explosion this year

some ground considerably."

The festival also allows musicians to play shows

with other acts or audiences they wouldn't have arranged on their own, Grundy said, and brings an awareness of what's going on here musically.

"It might kind of draw some new faces out, or new people who want to play and are like, 'I didn't even realize what was going on in Halifax,'" Grundy said.

Must-sees and secret guests at music event

Attendance

James Boyle said bracelet sales for the event are rolling in, and it looks like the festival could break attendance records this year.

citing of the festival.

Against Me! on Thursday, as well as hip-hop performances by SonReal, Cam Smith and Weirdo Click will be "really special," Boyle said.

Two shows on Friday night at The Carleton and The Seahorse (still on Argyle Street) feature secret guests that Boyle said he couldn't give any hints about, but said "if you miss that you're going to be kicking yourself." "People aren't ready for the acts that are going to be in those two venues," he said.

When it comes to local talent, Boyle said Halifax's synth-pop Vogue Dots show at Reflections on Tuesday is

a great bet, and the interest in the band online and from the U.S. and Canada has been "exploding."

For those who like a heavier vibe, Boyle said The Seahorse's Tuesday show with The Flatliners, Single Mothers and Teenage Kicks should be amazing.

"If you like raunchy, hardcore punk rock, Single Mothers are the best thing coming out of Canada right now," he said.

HALEY RYAN/METRO



Lights. CONTRIBUTED

There are dozens of bands Halifax Pop Explosion executive director James Boyle has on his "not-to-miss" list this week, but he can't name two of the big ones.

Boyle said the headliners performing at the Halifax Forum's Multi-purpose Centre throughout the week — Lights, Ghostface Killah and Raekwon of the Wu-Tang Clan, Danny Brown with Ryan Hemsworth, BADBADNOTGOOD, and Zeds Dead — are some of the most ex-

Nepal. Remaining hikers stranded by blizzards now safe; at least 39 died

Nepal wrapped up rescue operations in its northern mountains Monday, saying all the hikers believed to have been stranded on a trekking route by a series of deadly blizzards are now safe.

At least 39 people, including trekkers from Canada, India, Israel, Slovakia, Poland and Japan, died in the blizzards and avalanches that swept the Himalayas last week, battering the popular Annapurna trekking circuit. Nepalese officials said they rescued 407 people, 226 of them foreigners.

The last rescue helicopters hovered over Mustang, Manang and Dolpa districts on Monday, said Yadav Koirala of Nepal's

Nepal

So far, 35 bodies have been identified.

- Snowstorms were whipped up by a cyclone that hit the Indian coast a few days earlier. Hikers were caught off-guard.

Disaster Management Division. All the casualties were in those three districts northwest of the capital, Kathmandu.

"As far as we know there are no more people stranded on the route," Koirala said.

THE ASSOCIATED PRESS

Hong Kong

'External forces' involved in unrest: Leung Chun-ying

Hong Kong's leader has claimed that "external forces" are participating in student-led pro-democracy protests that have occupied parts of the financial capital for more than three weeks, but provided no evidence to back his accusation.

It was the first time Chief Executive Leung Chun-ying has alleged foreign involvement.

THE ASSOCIATED PRESS

Senate hearing

CSIS can't fully monitor radicals, senior official says

A senior Canadian Security Intelligence Service official says it would be foolhardy to claim CSIS has all the bases covered when it comes to monitoring radicalized Canadians who have returned home. Jeff Yaworski spoke to the Senate national security and defence committee.

Some western nations fear that radicalized young people who travel overseas could come home with intent to do harm.

THE CANADIAN PRESS

Nazis deported from States collecting Social Security

Henchmen. Nazis collected millions in U.S. retirement funds; the few survivors get up to \$1,500 monthly

Dozens of suspected Nazi war criminals and SS guards collected millions of dollars in U.S. Social Security benefits after being forced out of the United States, an Associated Press investigation has found.

The payments, underwritten by American taxpayers, flowed through a legal loophole that gave the U.S. Justice Department leverage to persuade Nazi suspects to leave the U.S. If they agreed to go, or simply fled before deportation, they could keep their Social Security, according to interviews and internal U.S. government records.

Among those receiving benefits were armed SS troops who guarded the network of Nazi camps where millions of Jews perished; a rocket scien-

Plans to close the loophole

"It's absolutely outrageous that Nazi war criminals are continuing to receive Social Security benefits."

Rep. Carolyn Maloney, a senior Democrat



In this July photo, Jakob Denzinger is seen in his apartment in Osijek, eastern Croatia. Denzinger is among dozens of camp guards and suspected war criminals who collected millions in U.S. Social Security. DARKO BANDIC/THE ASSOCIATED PRESS

tist who used slave labourers to advance his research in the Third Reich; and a Nazi collaborator who engineered the arrest and execution of thousands of Jews in Poland.

There are at least four living beneficiaries. They include Martin Hartmann, a former SS guard at the Sachsenhausen camp in Germany, and Jakob Denzinger, who patrolled the grounds at the Auschwitz camp complex in Poland.

Hartmann moved to Berlin in 2007 from Arizona just before being stripped of his U.S. citizenship. Denzinger fled to Germany from Ohio in 1989 after learning denaturalization proceedings against him were underway. He soon resettled in Croatia and now lives in a spacious apartment on the right bank of the Drava River in Osijek. Denzinger would not discuss his situation when questioned by a reporter; Denzinger's son, who

lives in the U.S., confirmed his father receives Social Security payments and said he deserved them.

The deals allowed the Justice Department's former Nazi-hunting unit, the Office of Special Investigations, to skirt lengthy deportation hearings and increased the number of Nazis it expelled.

But internal U.S. government records reveal heated objections from the State Department. THE ASSOCIATED PRESS

Abbas accuses Israel of 'genocide'; talks tougher

The Palestinian president has been speaking in increasingly belligerent tones in recent weeks, accusing Israel of committing "genocide" in Gaza and calling on Palestinians to defend a contested Jerusalem holy site "by any means."

The heightened rhetoric is a departure for the normally staid Mahmoud Abbas — and an apparent sign of desperation as he tries to halt a slide in his own popularity following this summer's war between Israel and the Islamic militant Hamas in Gaza.

Abbas has staked his decade-long presidency on the pursuit of an independent Palestinian state through

negotiations with Israel. But he seems out of ideas after another failed round of talks that collapsed in April, a war that boosted the popularity of the rival Hamas, and a bumpy attempt to win new recognition at the United Nations.

Fiery rhetoric is an easy way to appeal to his public at a time when many Palestinians believe Israel is not serious about negotiating a partition deal that would end half a century of Israeli military occupation.

Yet Abbas has also carefully avoided any steps that would irreversibly harm his relationship with Israel.

THE ASSOCIATED PRESS



Palestinian President Mahmoud Abbas THE ASSOCIATED PRESS



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Sportage SX Luxury shown[^] hwy / city 100km⁺: 7.0L/10.0L

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Sorento EX shown[^] hwy / city 100km⁺: 9.0L/12.7L

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Value Village pulls its 'sexy' Halloween costumes for kids

'It's sick.' Popular thrift store decides to remove some of its children's costumes after criticisms from Victoria, B.C., mother



THANDI FLETCHER
Metro in Vancouver

Value Village will be pulling some children's Halloween costumes from store shelves after a B.C. mom complained the outfits were too sexy for kids.

The U.S.-based thrift store giant announced the move Monday after Victoria mom Raina Delisle wrote an online column, which sparked outrage on social media, about a recent experience at her local Value Village shopping for a firefighter costume for her four-year-old daughter.



Victoria mom Raina Delisle was appalled to find a "sexy" firefighter costume for girls as young as 4 while shopping at her local Value Village. COURTESY RAINA DELISLE

"The girls' costume was skin tight, shiny black fabric and was paired with a fascinator instead of a helmet," Delisle told Metro. "It didn't even look like the real thing."

In contrast, Delisle said the boys' firefighter costume was more realistic, with a bright red

jacket, yellow reflectors and a firefighter helmet.

Delisle said she was shocked by the stark difference between the two costumes, as well as many other costumes in the store that were highly sexualized and marketed to girls as young as 4.

"It's telling young girls that their bodies are more important than their brains, and that they need to be sexy to be successful," she said. "Boys and men could start to see them as objects and it feeds into the whole idea of objectifying women."

Delisle believes parents have a role to play in choosing costumes for their children, Delisle said she believes the store also has a corporate responsibility.

"It's sick," she said. "These are not just costumes. This is a problem with society."

On Monday, Value Village spokeswoman Sara Gaugl said the company selects its Halloween inventory based on feedback and demand from shoppers, but that it would be removing the costumes in question from its stores.

"We've taken the recent comments surrounding certain Halloween costumes sold in our stores very seriously, and as such, are removing this merchandise from our sales floors," Gaugl wrote in an email. "We apologize to those who were offended and as we move forward, we will evaluate all costumes and packaging keeping this specific customer feedback in mind."

British Columbia

B.C. cop charged with murder in 2012 shooting

A British Columbia police officer has been charged with second-degree murder in the 2012 shooting death of a man in the Vancouver suburb of New Westminster.

Delta Police Department Const. Jordan MacWilliams was officially charged Monday morning, according to the Criminal Justice Branch.

The charge results from an on-duty incident Nov. 8, 2012, where police shot and killed Mehrdad Bayrami after an armed standoff on a paved pathway near the local Starlight Casino. **MATT KIETLYKA/METRO IN VANCOUVER**

Luka Magnotta trial

PM Harper chief of staff testifies

Prime Minister Stephen Harper's deputy chief of staff testified at Luka Rocco Magnotta's first-degree murder trial on Monday about the day her office received a parcel containing the foot of victim Jun Lin.

Jenni Byrne was the Conservatives' director of political operations when a partially opened package arrived at party headquarters in Ottawa on May 29, 2012.

Byrne says upon beginning to open the package she sensed something wasn't right and requested that her assistant call 911.

THE CANADIAN PRESS

Tampered taters

Another needle found inside P.E.I. potato

The RCMP in Prince Edward Island say another potato with a sewing needle inside has been discovered in Atlantic Canada, bringing the total number of such cases to seven.

The Mounties say someone in Labrador City, N.L., found the tampered potato on Sunday.

Police say the consumer bought a bag of potatoes containing the tampered vegetable about two weeks ago, prior to a recall.

Investigators say all of the affected potatoes came from Linkletter Farms, based in Summerside, P.E.I.

THE CANADIAN PRESS



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Hit and run. Motorist who hit two Forces members dies of gunshot wounds

Quebec police say a motorist is dead from gunshot wounds and that he struck two members of the Canadian Forces with his car in an incident an MP cited in the Commons as a "possible terror attack."

Provincial police Lt. Michel Brunet told a news conference the man died a few hours after being shot in Saint-Jean-sur-Richelieu, southeast of Montreal.

Brunet said the 25-year-old was known to authorities.

Police say one of the two Canadian Forces members is in critical condition, while the other's injuries are less serious.

News of the incident surfaced in the Commons when Conservative MP Randy Hoback asked Prime Minister Stephen Harper to update the House about "unconfirmed reports of

a possible terror attack" against two members of the Canadian Forces.

Harper said he was aware of the reports and called them "extremely troubling."

"First and foremost our thoughts and prayers are with the victims and their families; we're closely monitoring the situation and obviously we will make available all of the resources of the federal government," he told the House.

Provincial police spokesman Joyce Kemp said it was "really premature" to speculate on any possible motives.

"We've just started the investigation, so it will take a certain time before we can say it was something accidental or deliberate," Kemp said in an interview.

Provincial police spokesman Guy Lapointe said the shooting occurred after the man hit the two pedestrians in a parking lot and took off. That triggered a chase that ended with the man losing control and his car rolling over several times.

Security sources said the two Canadian Forces members were leaving the Integrated Personnel Support Unit in Saint-Jean. **THE CANADIAN PRESS**

Extremely troubled

"Our thoughts and prayers are with the victims and their families."

Canadian Prime Minister Stephen Harper, during a speech in the House of Commons following the hit and run attack on two Canadian Forces members.



This image, taken with a fisheye lens, shows beach-goers cooling off during the Southern California heat wave in September in Huntington Beach, Calif. CHRIS CARLSON/THE ASSOCIATED PRESS

Feeling hot, hot, hot!

Temperature rising.

A new mark for global heat has been set, and meteorologists say Earth is now on pace to tie, or even break, the hottest year since scientists started measuring

Earth is on pace to tie or even break the mark for the hottest year on record, U.S. meteorologists say.

That's because global heat records have kept falling in 2014, September being the latest example.

The National Oceanic and Atmospheric Administration announced Monday that last month the globe averaged 15.7 degrees Celsius. That was the hottest September in 135 years of record-keeping.

It was the fourth monthly record set this year, along with May, June and August.

Quoted

"This is one of many indicators that climate change has not stopped, and that it continues to be one of the most important issues facing humanity."

Donald Wuebbles, University of Illinois climate scientist

NASA, which measures temperatures slightly differently, had already determined that September was record-warm.

The first nine months of 2014 have a global average temperature of 14.7 C, tying with 1998 for the warmest first nine months on record, according to NOAA's National Climatic Data Center.

"It's pretty likely that 2014 will break the record for hottest year," said NOAA climate scientist Jessica Blunden.

The reason involves El

Nino, a warming of the tropical Pacific Ocean that affects weather worldwide. In 1998, the year started off super hot because of an El Nino. But then El Nino disappeared and temperatures moderated slightly toward the end of the year.

This year has no El Nino yet, but forecasts for the rest of the year show a strong chance that one will show up, and that weather will be warmer than normal, Blunden said.

If 2014 breaks the record for hottest year, that also should sound familiar: 1995, 1997, 1998, 2005 and 2010 all broke NOAA records for the hottest years since records started being kept in 1880.

Some people, mostly non-scientists, have been claiming that the world has not warmed in 18 years, but "no one's told the globe that," Blunden said. She said NOAA records show no pause in warming.

THE ASSOCIATED PRESS

Edible marijuana attractive to kids, health officials say

Colorado health officials want to ban many edible forms of marijuana, including brownies, cookies and most candies, limiting legal sales of pot-infused food to lozenges and some liquids.

The Colorado Department of Public Health and Environment told marijuana regulators that many forms of edible marijuana "are naturally attractive to children" and violate the law's "requirement to prevent the marketing of marijuana products to children."

The recommendation was obtained by The Associated Press in advance of a third and possibly final workgroup meeting Monday to draw up rules

Quoted

"Labelling and packaging are the best and only way to deal with accidental ingestion."

Joe Hodas, chief marketing officer of Dixie Elixir Mints, which makes marijuana-infused soda



In this September photo, smaller-dose pot-infused brownies are packaged at The Growing Kitchen, in Boulder, Colo. BRENNAN LINSLEY/THE ASSOCIATED PRESS/FILE

for identifiable markers or colours for edible marijuana products so they won't be confused with regular foods.

The health department's recommendation, sent to the regulators Oct. 14, would effectively take most forms of edible marijuana off store shelves. The final decision will be made by the Department of Revenue's Marijuana Enforcement Div-

ision, which oversees retail marijuana sales.

Lawmakers have ordered state pot regulators to require pot-infused food and drink to have a distinct look when they are out of the packaging. The order came after concerns about the proliferation of pot-infused treats that many worry could be accidentally eaten by children.

THE ASSOCIATED PRESS

Hawaii

No injuries after family faces shark

A surfer holding his eight-year-old son says he punched and smacked a shark with his board to stop an attack off Maui.

Kaleo Roberson tells the Maui News that he was surfing Saturday with 20 others — including his twin eight-year-old sons and a six-year-old son — off Maalaea when a 12- to 14-foot tiger shark appeared.

Roberson didn't see the shark until it was a few feet away. He remembers a wide-open mouth with teeth coming at him.

No one was injured.

THE ASSOCIATED PRESS

Yukon. Woman, 42, succumbs to bear attack near Johnson's Crossing

Yukon's coroner's service says a grizzly bear that fatally attacked a woman had climbed inside her home before chasing her outside and mauling her.

Claudia Huber, who was 42 years old, died of her injuries on Saturday following the attack near Johnson's Crossing, located about 136 kilometres south-east of Whitehorse.

The coroner's service says the family dog started barking when it saw the bear approach the property, alerting Huber's spouse and

prompting him to grab his rifle.

The bear climbed through a window into the home and the couple fled, but the bear pursued them and attacked Huber.

The coroner's service says Huber's spouse shot the bear dead and took Huber to a medical clinic, where she died of her injuries.

A necropsy on the bear has been completed, while an autopsy on Huber has been scheduled.

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Threatened bees find saviour in churches

Gardens4Bees.

Church congregations have been planting special bee community gardens to help the ecosystem thrive

Attempts to reserve the decline of bee populations have found a saviour of sorts in Anglican churches across southwestern Ontario.

The church congregations have been planting special bee gardens to encourage the visitors and help the ecosystem.

It's part of Gardens4Bees, an initiative out of London, Ont., which pays for community gardens and is run by Murray Hunter in memory of his daughter,

who was killed in a car accident.

"Bees are an essential leverage point in the environment," Murray said. "Everything depends on the growth of the bee, for example apples. They are dependent on pollinators."

"The pilot project was, if possible, to encourage people on their own land and with their own resources to build gardens that will help the bees and therefore the environment."

At London's St Andrew Memorial, congregation member Nancy Barwick was happy to show off the bee garden, which is in the shape of the cross of St. Andrew.

It contains bee-friendly plants such as nettle sage, purple coneflower and lavender, all listed on a guide

that's kept in the church.

"People can grab that document and come outside and do a self-directed tour," Barwick explained. "They can get an idea of what types of plants the bees like, so they can plant some of their own in their garden at home."

MIKE DONACHIE/METRO IN LONDON

Why all the buzz?

Scientists and bee enthusiasts have been fighting what's dubbed Colony Collapse Disorder since it first started stinging hives, and causing bees to die in large numbers, about eight years ago. There are multiple theories, ranging from pesticides to parasites, about what's causing it.



Nancy Barwick in the bee-friendly garden at St. Andrew Memorial Anglican Church in London, Ont. MIKE DONACHIE/METRO

Do climate change activists have to chill out?

Falling global oil prices have sparked a frisson of excitement among opponents of Canadian oilsands developments and major pipeline projects.

The argument, which bounced through social media circles over the past week, is that \$80-a-barrel oil makes it a losing venture to develop unconventional crude — and the infrastructure to transport it to market.

"The good news is that lower oil prices will put a damper on the breakneck pace of expansion in the tarsands, creating time and space for the alternatives to take root," Keith Stewart, a climate researcher with Greenpeace Canada, said in

an email.

Major oilsands developments and the multiple pipeline plans currently in the works to get that oil to market are long-term infrastructure projects that Stewart and other environmentalists worry will lock in high carbon emissions for decades.

"At the very least, the recent drop in oil prices highlights the recklessness of the Harper government putting all of our economic eggs in the tarsands basket," said Stewart.

Clare Demerse of the advocacy group Clean Energy Canada says cheap oil and gas do not necessarily halt investment in alternative energies, noting solar panel

Quoted

"It's not good news for the environment."

Mark Jaccard, professor in the energy and materials research group at Simon Fraser University

Jaccard says the current market conditions may give environmentalists small victories here and there, but while specific projects will be squeezed, falling global prices can only spur consumption in growing markets such as South and East Asia, Africa and South America

costs have fallen more than 80 per cent in the last five years.

Oil and gas volatility highlights the dangers of government reliance on the resource sector, she said — and it proves the value of

renewables.

"It's less risky, it's safer for Canada's economy if we are also making investments in clean energy," said Demerse.

"That gives us more (economic) resilience."

But while the rapidly changing global energy market may be shaving the sharp edges off Alberta's economic triumphalism while kicking the pro-resource-extraction federal Conservative government in its budgetary shins, climate change campaigners might want to curb their enthusiasm.

Economist Mark Jaccard, a professor in the energy and materials research group at Simon Fraser Uni-

versity, said current market conditions may give environmentalists "small victories here and there."

"It may help some battles to stop some pipelines and some expansion," Jaccard said in an interview. "Even the industry will say maybe we should delay this a little bit."

"We're finding this in British Columbia as the natural gas prices in East Asia start to fall."

Malaysia's Petronas is threatening to delay for years a multibillion-dollar liquefied natural gas investment in British Columbia, while France's Total and Norway's Statoil have recently put on hold two planned oilsands projects in

Alberta.

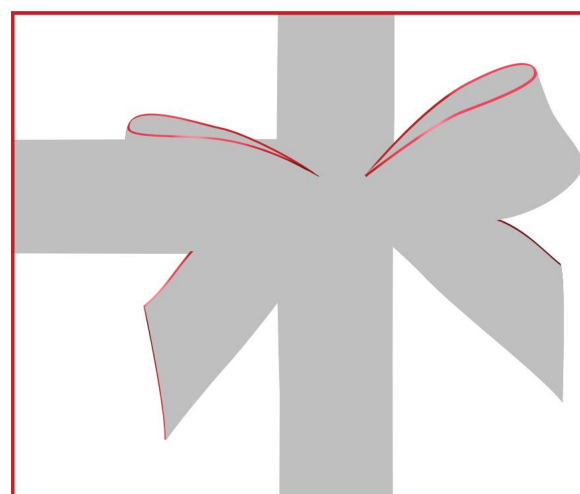
But while specific projects will be squeezed, falling global prices can only spur consumption in growing markets such as South and East Asia, Africa and South America.

"It is not good news for the environment," Jaccard said.

"Environmentalists might say that because they're overly fixed on the battle in North America to stop unconventional oil and gas and coal."

Jaccard said the only upside for the environmentally minded is that the price drop "reminds everyone that fossil fuels will continually keep getting cheap."

THE CANADIAN PRESS



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Nigeria. 200 abducted schoolgirls may soon be released: Government

There is cautious optimism in Nigeria Monday over local reports that the more than 200 abducted Nigerian schoolgirls may soon be released soon as part of a ceasefire agreement with the country's Islamic rebels, Boko Haram.

However, Nigeria's federal government has not yet provided details on the terms of the truce that was announced on Friday by the military.

President Goodluck Jona-

Release in 'hours or days'

The schoolgirls are "alive and well" and talks to free them will continue this week in Chad, said Omeri.

than's government is "inching closer to the release of the Chibok girls," government spokesman Mike Omeri said.

THE ASSOCIATED PRESS

Killing of girlfriend

Pistorius to hear his fate Tuesday

Oscar Pistorius will finally learn his fate Tuesday when a judge is expected to announce the Olympic runner's sentence for killing girlfriend Reeve Steenkamp. He could be sentenced to years in prison, or to no jail time at all. THE ASSOCIATED PRESS

Indiana

Killings over 20 yrs. investigated

Police investigating the slayings of seven women whose bodies were found over the weekend in Indiana say the suspect has told them that he may have killed people going back 20 years. The suspect is identified as Darren Vann. THE ASSOCIATED PRESS

Nigeria now Ebola-free; 'spectacular success story'



Dr. Fadipe was infected with Ebola and survived. He stands in front of the amount of Oral Rehydration Solution he took. WHO/THE ASSOCIATED PRESS

Had 20 cases. Most populous African country defies the odds receiving WHO praise; 9,000 people altogether have been infected in West Africa

Water laced with salt and sugar, and gallons of the nasty-tasting stuff.

Doctors who survived Ebola in Nigeria credited heavy doses of fluids with saving their lives as the World Health Organization declared the country Ebola-free Monday, a rare victory in the battle against the disease that is ravaging West Africa.

In the end, Nigeria — the most populous country in Africa, with 160 million people — had just 20 cases, including eight deaths, a lower

death rate than the 70 per cent seen elsewhere across the stricken region.

Officials are crediting strong tracking and isolation of people exposed to the virus, and aggressive rehydration of infected patients to counter the effects of vomiting, diarrhea and other symptoms.

Nigeria's containment of Ebola is a "spectacular success story," said Rui Gama Vaz, WHO director for Nigeria.

Survivor Dr. Adaora Ig-onoh said the treatment is not easy. It entails drinking, as she did, at least five litres of the solution every day for five or six days when you have mouth sores and a sore throat and feel depressed.

"You don't want to drink anything. You're too weak, and with the sore throat it's difficult to swallow, but you know when you have just vomited, you need it," she said. THE ASSOCIATED PRESS

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Ongoing beef. WTO rules U.S. meat-labelling laws have hurt Canada, Mexico

Canada has won a battle in an ongoing trade dispute with the United States, over meat-labelling laws that have hurt the beef and pork industries.

The World Trade Organization released a ruling Monday that said U.S. country-of-origin labelling (COOL) rules discriminate against exports from Canada and Mexico.

The rules, which went into effect in 2008 and were updated last year, are blamed by the Canadian meat industry for reducing exports to the U.S. by half.

The WTO compliance panel said COOL breaks trade rules because it treats Canadian and Mexican livestock less favourably than U.S. livestock.

The panel said changes the U.S. made to the rules last year made the policy even more detrimental to livestock exporters.

"The compliance panel concluded that the amended COOL measure increases the original COOL measure's detrimental impact on the competitive opportunities of imported

Origin story

2008

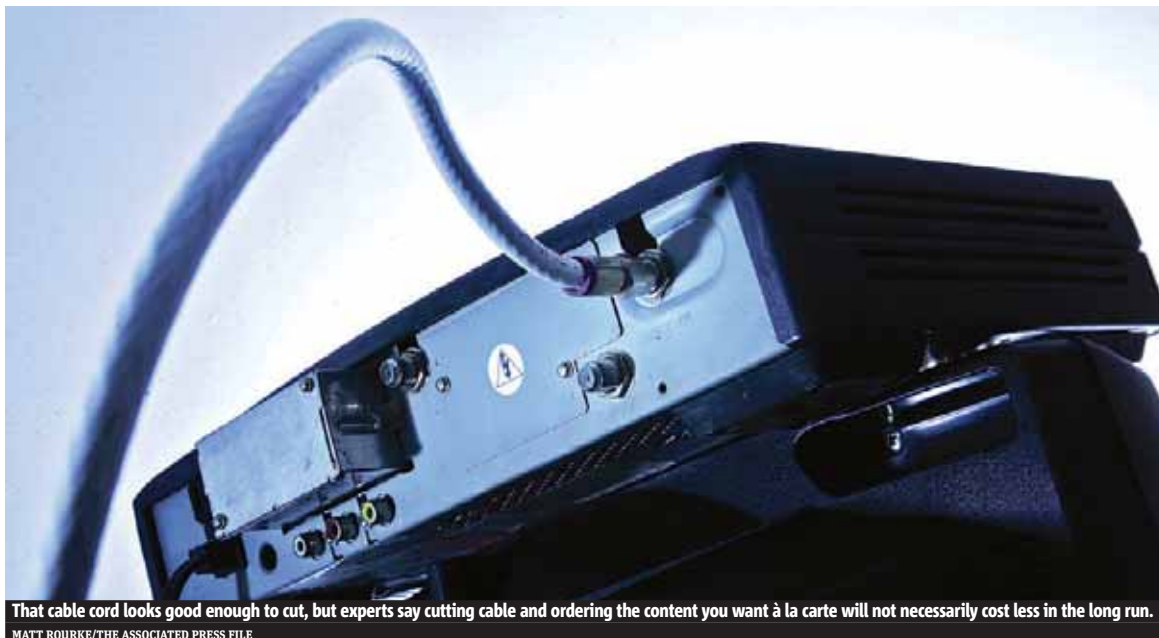
U.S. country-of-origin labelling (COOL) rules went into effect in 2008 and were updated last year.

livestock in the U.S. market," the panel said. "It necessitates increased segregation of meat and livestock in the U.S. market, entails a higher record-keeping burden and increases the original COOL measure's incentive to choose domestic over imported livestock."

The federal government hailed the ruling Monday and called on the United States to comply with the WTO decision.

"Today's WTO compliance panel's report reaffirms Canada's long-standing view that the revised U.S. COOL measure is blatantly protectionist and fails to comply with the WTO's original ruling against it," Agriculture Minister Gerry Ritz said in a statement.

THE CANADIAN PRESS



That cable cord looks good enough to cut, but experts say cutting cable and ordering the content you want à la carte will not necessarily cost less in the long run.

MATT ROURKE/THE ASSOCIATED PRESS FILE

Cord-cutters will still pay the piper

To cut or not to cut?

That is the question many customers are asking these days, but experts warn going à la carte may not be cheaper

Cord-cutters rejoiced last week after HBO and CBS announced plans to sell stand-alone streaming services in the U.S., a move that cable and satellite television providers have resisted for years. Customers tired of paying big fees for hundreds of

Changing the channel

"The cable business is evolving from mainly selling you a pay TV package to mainly selling you a broadband Internet service."

FBR Research analyst Barton Crockett explains U.S. content and cable companies are going from being worried about content being available on the Internet to being excited about it, as it's a way to get customers to buy their Internet and pay for faster speeds.

channels they never watch just to have access to a few favourite shows might be expected to start cancelling cable service in droves. Get Netflix, throw in HBO, add a network here and there — why would anyone sign up now for cable?

Well, don't sound the death knell for cable companies yet.

Some would-be customers may balk when they see just how much it actually costs to pay à la carte. Stations that offer services à la carte will have to pay for marketing that the

cable and satellite companies usually cover. Fewer eyeballs on live TV could mean less advertising revenue, since online ads are generally cheaper, and that will boost the network's cost of running the channel.

And smooth streaming costs money: To avoid so-called "throttling" during peak evening viewing times, Netflix buckled to broadband distributors like Comcast and Verizon and paid up so that its streaming service would run at a higher bandwidth and work more smoothly. Those added costs might be passed on to customers. THE ASSOCIATED PRESS

Market Minute

DOLLAR
88.62¢ (-0.06¢)

TSX
14,337.77 (+110.09)

OIL
\$82.71 US (-\$0.15)

GOLD
\$1,244.70 US (+\$5.70)

Natural gas: \$3.67 US (-\$0.05)
Dow Jones: 16,399.67 (+19.26)

Dark clouds on horizon

Canada keeps AAA credit rating ... for now

Canada is maintaining its triple-A credit rating thanks to a steady economic outlook, but the country also faces potential risks amid mounting household debt and climbing house prices, the U.S. credit rating agency Moody's Investor Service said in a report Monday. THE CANADIAN PRESS

NOTICE

TO: Gary Boudreau
26 Punch Bowl Drive, Halifax, NS B3H 1A1

FROM: Jason D.L. Boudrot
Boudrot Rodgers Law Inc.
301 Pitt Street, Unit 1, Port Hawkesbury, NS B9A 2T6

Solicitor for Shining Waters Marine Limited
148 Nautical Way, Tantallon, NS B3Z 2P3

RE: *Sale of Motor Vehicle (Sandpiper Water Charters)
Pursuant to the Warehouseman's Lien Act (Nova Scotia)*

Take notice that on October 31st, 2014 the Motor Vehicle, Sandpiper Water Charters, located at 148 Nautical Way, Tantallon, NS B3Z 2P3, shall be sold at public sale to take place at 10:00 a.m. on October 31st, 2014, at 148 Nautical Way, Tantallon, Nova Scotia, unless the full sum of \$6,598.98, being the total amount owed by you to Shining Waters Marine Limited is paid in full on or before 5:00 p.m. on October 30th, 2014.

NOTICE

TO: Pat Ryder
45 John Savage Avenue, Dartmouth, NS B3B 2C9

FROM: Jason D.L. Boudrot
Boudrot Rodgers Law Inc.
301 Pitt Street, Unit 1, Port Hawkesbury, NS B9A 2T6

Solicitor for Shining Waters Marine Limited
148 Nautical Way, Tantallon, NS B3Z 2P3

RE: *Sale of Motor Vehicle (Wait n'Sea)
Pursuant to the Warehouseman's Lien Act (Nova Scotia)*

Take notice that on October 31st, 2014 the Motor Vehicle, Wait n'Sea, located at 148 Nautical Way, Tantallon, NS B3Z 2P3, shall be sold at public sale to take place at 10:00 a.m. on October 31st, 2014, at 148 Nautical Way, Tantallon, Nova Scotia, unless the full sum of \$4,988.70, being the total amount owed by you to Shining Waters Marine Limited is paid in full on or before 5:00 p.m. on October 30th, 2014.

STOP BITCHING ABOUT SKINNY BITCHES

In case you've missed it, the booty seems to be having a bit of a cultural moment.

In her insufferably catchy song All About That Bass, singer Meghan Trainor croons about how she's got all the right junk in all the right places. Similarly, rapper Nicki Minaj's Anaconda and Jennifer Lopez's Booty are odes to women with large behinds (and the graphic and ridiculous videos are a whole other story).

The amount of radio airtime dedicated to these tracks is enough to make anyone's ears bleed, but there are also some deeper issues here. First of all, the lyrics focus on looking a certain way in order to earn the attentions of the opposite sex. This is nothing new, of course, but the fact that both Trainor and Minaj use the phrase "skinny bitches" to berate women with small physiques is not something heard very often on Top 40 play-



SHE SAYS
Jessica Napier
metronews.ca

lists — until recently.

At first listen, these pop anthems might seem empowering, but the lyrics are written in such a way that celebrates those with certain physical characteristics while excluding and name-calling those who are different. And while it's probably going to take a lot more than a couple of pop songs to overhaul North America's reigning beauty esthetic, we shouldn't be championing a particular physique at the expense of another.

And yet there's an increasing amount of disdain in our modern-day beauty rhetoric for those who are skinny. Former model Katie Willcox founded her body-positive website Healthy is the New Skinny, in response to her own issues with the modelling industry and the pressure she felt to lose or gain weight in order to look a certain way. Willcox was told her natural Size 8 frame was too

large for regular modelling but too small for the plus-sized world.

"Healthy is the New Skinny is a movement to support women all over the world to love themselves and each other," explains the site's manifesto. And while there are good intentions behind that mission statement and the philosophy certainly resonates with others (the site has almost 120,000 fans on Facebook), the brand name is a bit of a concern. I have to wonder... if the message here is about acceptance and self love, then why employ this "new skinny" cliché that undermines women with that body-type? Being healthy and skinny are not mutually exclusive concepts, and yet the name suggests just that.

Women don't need a "new skinny"; what we do need is to stop endorsing one body type over another and focus on our own individual happiness and physical well-being. Body types shouldn't be fetishized and health should be the ultimate goal, whether you're petite or plus-sized, muscular or minuscule.

Metro Bitstrips caption contest



Today's winner:
Kim Barsby



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Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here. Check out today's runners-up by scanning the cartoon with your Metro News app.

Bitstrips

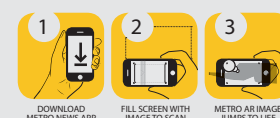


SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on pages 16 and 17 in Scene, page 19 in Life and page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



MetroTube



Sweets: Probably cooler than your dog

REBECCA WILLIAMS
rebecca.williams@metronews.ca

It may be the goggles, or maybe the fact that this bulldog is named Sweets. Actually, it's just everything. Can your dog play dead? Good for it. Taught your dog to open the fridge? That's impressive. But is your dog so awesome it can pass off the coolest sign of solidarity that is the "biker wave"? Christine Sutton/YouTube



SCREENGRAB

Comments

RE: Intimate memoir aims to build trust: Trudeau, published online Oct. 20, 2014

Don't people usually write memoirs after they've actually done something in life? I think I'll wait for the movie.

BlindHorse, posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca



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DVD review



Snowpiercer

Director. Joon-ho Bong

Stars. Chris Evans,
Tilda Swinton

You couldn't ask for a better metaphor for hell on Earth than what Bong Joon-ho has wrought with *Snowpiercer*: constant forward momentum while getting absolutely nowhere, suffering all the while. That's the track and plight for the title train and its mostly miserable passengers: the poor multitudes in the back and the rich few in the front. All are condemned to circle the planet non-stop or risk freezing from a new *Ice Age* caused by mankind's own stupidity. The audacious Korean genre director behind *The Host* and *Mother* makes his grandest statement yet with this art house blockbuster, rich in visual and thematic imagery. It's a sci-fi thriller best described, without diluting the director's own brilliance, as a combination of the home-restoring quest of *The Wizard of Oz*, the dystopian class struggles of George Orwell novels and the grotesque characters of French fantasists Jean-Pierre Jeunet and Marc Caro. A star-studded international cast, topped by Chris Evans, Tilda Swinton, Ed Harris and Octavia Spencer helps make *Snowpiercer* a feast for the eye as well as the mind. You never know when someone famous will pop up. **PETER HOWELL**

Saldana's success has her singing sweet tunes

The Book of Life. Latest roles have actress priming her pipes and pondering a career change



**NED
EHRBAR**
Metro World News in Hollywood

Zoe Saldana could get used to this singing thing. She's been belting out tunes in films so often recently, *The Book of Life* star could even see herself launching another career.

In *The Book of Life*, Saldana gives voice to Maria, the feisty girl at the centre of a folklore love triangle between her two childhood pals: bull-fighter and guitar enthusiast Manolo (voiced by Diego Luna), and barrel-chested military hero Joaquin (voice by Channing Tatum).

Which suitor she chooses will determine the management structure of the underworld as squabbling gods La Muerte (Kate del Castillo) and Xibalba (Ron Perlman) vie for control of the Land of the Remembered.

Got all that? Oh, and the narrative is punctuated with mariachi-tinged versions of songs by Radiohead, Mumford and Sons and Biz Markie. Hence the singing.

For Saldana, coming off her long-anticipated Nina Simone biopic and this summer's *Guardians of the Galaxy*, breaking into song didn't feel so strange.

"I sang when I shot Nina,



**metro
AR** Zoe Saldana voices the feisty Maria, who finds herself in the centre of a love triangle in *The Book of Life*. Scan this photo with your Metro News App to hear what producer Guillermo del Toro has to say about making this film. CONTRIBUTED

and I worked vigorously with an amazing voice coach. So by the time I started doing the sessions for *Guardians of the Galaxy* and we got to sing, it had been about a year so I just sort of remembered all those things."

What she remembered was telling herself it was OK to add another skill to her resumé, despite whatever reservations she might have had initially.

"It's amazing what you discover you're able to do once you really put your body and soul into a skill and you try

nothing but to master it," she says. "You discover a lot about yourself, that you can actually do something if you put your mind to it. I realized that I'm not as bad or as tone deaf as I thought I was."

The film is also a celebration of Mexican culture, envisioned by director Jorge Gutierrez and shepherded by producer Guillermo del Toro.

"I have to say that Guillermo was an amazing godfather for this project. He believed and he fought for Jorge to have his vision," Saldana says.

"You are dealing with the beauty of a culture that, even though we've been neighbours since the beginning of time — since the beginning of America — there is so little that we know. The Mexican culture is so beautiful."

As for what is ostensibly a kids' film focused on coping with death and the idea of the afterlife? Saldana doesn't think it's such a crazy idea.

"It's an educational tool. It will give parents the ability to have that tough conversation with their kids," she insists.

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Avatar Secrets



Episode 6: Identity

In real life, Ramona heads to California, for Blizzcon, the gaming convention, and interviews players who have formed profound connections in the online world. "It's conceivable that a person might actually be more close to the person they're portraying in the virtual world than they are in the physical world," says John Seely Brown, author of *The Gamer's Disposition*. Scan this photo for a video of Seely Brown talking about what is "real."



COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

- Collector cards. You can also download 10 collector cards!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ariana seeks Miley's advice on celebrity life



NED EHRBAR
Metro in Hollywood

It's tough being a Disney Channel alum turned international pop star, mostly because there are so few people who really get what you're going through.

Case in point: When Ariana Grande found herself feeling overwhelmed by nasty reports that she'd been caught swearing at her fans and that her life coach had quit on her, she had nowhere else to turn but Miley Cyrus.

"I was upset and I contacted Miley. I said, 'Miley, I'm so sad — what do I do? This isn't true. My heart is broken, I feel so bad.'" Grande tells the *Daily Mirror*.

"She was like, 'Girl, don't even look at it. Just be happy that you're blessed. You have family and friends that love you, you have fans that love you, who know what's true and what's not. It will blow over and, tomorrow, they'll be talking about something else.'"

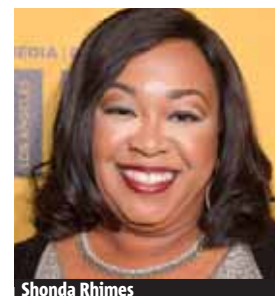
I'm going to go ahead and assume Cyrus delivered this advice while lying spread-eagle on the hood of a car, tongue sticking out, but still, it looks like Grande has found a new life coach.

'No gay love scenes,' Rhimes tells tweeter, 'just scenes with people'

Here's a tip: Don't go on Twitter to complain to Shonda Rhimes about gay love scenes on the shows she produces, because she will respond. And she has a lot more followers.

A viewer named Dina Abdel Hakiem (925 followers) is getting more attention than she expected after tweeting to Rhimes (737,000 followers) that "the gay scenes on *Scandal* and *How to Get Away with Murder* are too much. There is no point and they add nothing to the plot."

Rhimes responded with a pair of tweets, starting with the simple, "There are no gay scenes. There are scenes with



Shonda Rhimes

people in them."

She later added, "If you use the phrase 'gay scenes,' you are not only late to the party but also not invited to the party. Bye Felicia."

Shocker not that shocking

More than a decade ago, Madonna shocked MTV viewers by locking lips with Britney Spears during the 2003 Video Music Awards, which might not seem like news, except Spears' manager, Larry Rudolph, feels like reminiscing. And you might be sur-

prised to learn — or not — that the lip-lock was completely planned. Rehearsed, even.

"Madonna had been very, very, very rigid about the rehearsals. She was telling Britney and I every day, 'Be here tomorrow at 10 o'clock,'" Rudolph now tells *Billboard*.

Ayla Domestic Medium Hair

One-year-old Ayla is a pretty black cat with green eyes and a friendly purr. She is comfortable being picked up and held, but not for too long, as she seems to have an independent streak. Ayla is little, but she's also big, as she is obviously overweight. This suggests that she had a pretty comfortable home life, but unfortunate circumstances have brought her into the shelter system. She should be fed a calorie-reduced diet and be encouraged to exercise, so she can get closer to an ideal weight. **Ayla is waiting patiently for the right person or family to take her home with them.**



For more information on Ayla and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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There's no need to 'sweat it out'

Hyperhidrosis. There are ways to reduce excessive sweating and its embarrassing effects

IZABELA
SZYDLO
life@metronews.ca

There's the type of sweat that occurs when you finish an intense workout, after a few bites of your favourite spicy dish or during a 40-degree heat wave.

Then there's the type of sweat that happens even when you're simply sitting at your desk, eating a sandwich or when temperatures dip and everyone else is pulling out extra warm socks.

Medically known as hyperhidrosis, excessive sweating affects almost half a million Canadians, according to a Leger survey.

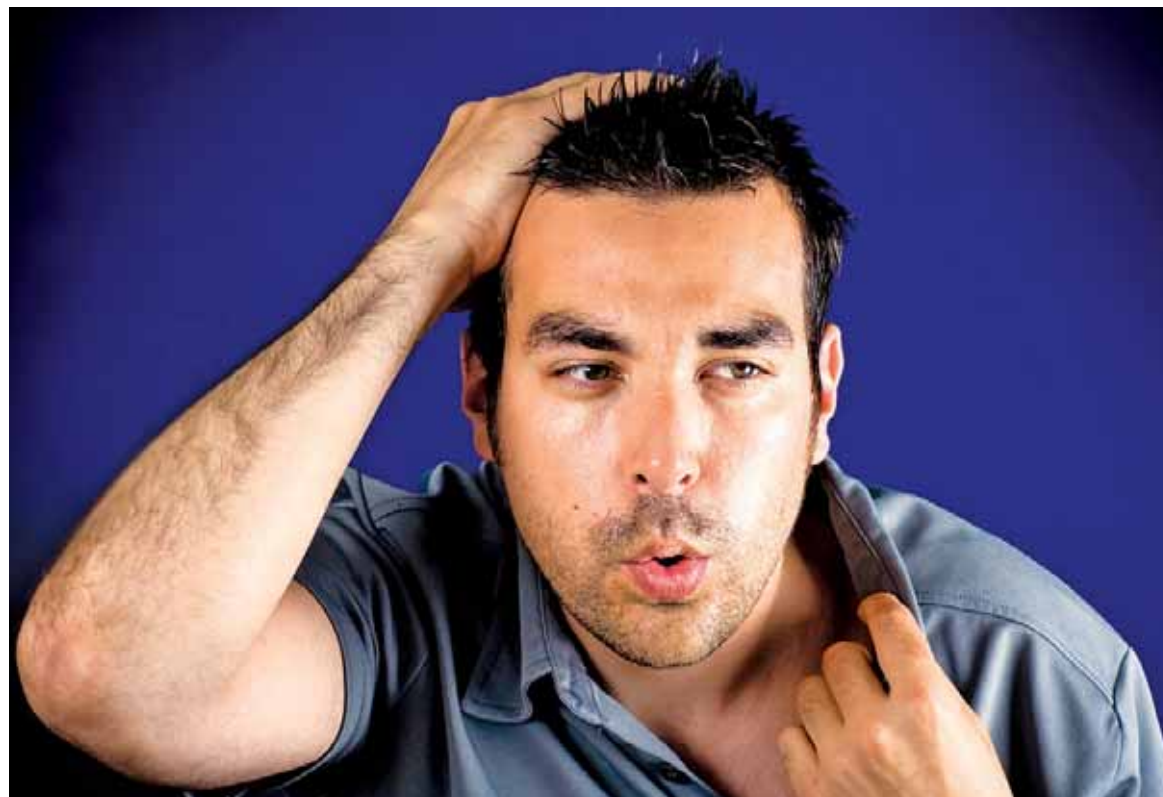
"If you have to worry about it, wear certain clothes, prepare for it, not do things because of it, then you're sweating too much," says Dr. Nowell Solish, the founder of Sweat Clinics of Canada, the first facility of its kind to specialize in treating excessive sweating.

Hyperhidrosis can occur anywhere, but most commonly affects the hands, feet, underarms, face, chest or back. Medical solutions depend on how bad the problem is and where it is occurring.

Solish says for the underarms he first recommends topical treatments such as antiperspirants and stronger aluminum chloride solutions, which are non-prescription but must be obtained from a pharmacist.

There are also a host of other options.

"If you're treating the underarm, Botox works extremely



There are several ways to treat excessive sweating, including topical treatments and Botox. ISTOCK

well with dramatic improvements in 95 per cent or more of patients. It lasts six to nine months," Salish says.

"Oral medications are better if you generally sweat, but the side effect is they will dry you everywhere, including your mouth and eyes."

For sweating of the hands and feet, Solish says a popular option is the use of an iontophoresis machine. It passes mild electrical currents down cables to treatment electrodes that are in trays of water. Placing hands and/or feet into the trays completes the circuit and allows currents to flow into the skin where they slow secretion

at the gland.

Solish says the most extreme solution is a surgery during which nerves in the spine that lead to sweat glands are cut. However, one side effect of the surgery is a patient may eventually start sweating in other places.

While Solish speaks freely about excessive sweating, another Leger survey found that more than half of Canadians say it is important to hide their sweating and nearly one in three are self-conscious about it.

"It's not the type of thing that comes up in conversation," says Solish. "I think

people know they're excessively sweating. I don't think they know it is a disease that can be improved."

Ceri Marsh, an etiquette expert and co-author of *The Fabulous Girl's Guide to Grace Under Pressure* and *The Fabulous Girl's Guide to Decorum*, says she isn't surprised by the study's findings.

"Whether fair or not, we read into sweat all sorts of things like lack of hygiene or nervousness," she says. "If it is that bad, it is worth looking into whether you have hyperhidrosis. In the meantime, there are other things you can do."

Marsh says practicing "sweatiquette" is being aware of how you're managing sweat. She says planning is the key to preventing embarrassing moments.

"If you're at school or work, you want to keep a clean undershirt or top with you that you can change into," she says. "Secondly, natural fibres will be a lot better for you than synthetics because they breathe and won't leave you feeling clammy. Dressing in layers also helps."

"Finally, you want to give yourself more personal space to respect social boundaries at events."

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TOP SIX @ 6 Weeknights at 6 Jillian counts down the HOTTEST songs of the day

- 6 Jason Derulo Trumpets
- 5 Nick Jonas Jealous
- 4 Shawn Mendes Life of the Party
- 3 Jeremih ft YG Don't Tell 'em
- 2 Jessie J, Ariana Grande & Nicki Minaj Bang Bang
- 1 Taylor Swift Shake It Off

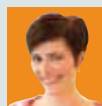
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Apples star in choose your own adventure recipe: main or starter?

Health Solutions

That apple is, like, so last hyper-season



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The foodie wind, she is a blowin', and it is now all about access to hyper-seasonal.

The hyper-local trend has staying power as farmers markets continue to grow, and there is nothing like fresh fruits sold to you from the gnarly, hard-working hands of the people who planted, nurtured and picked them. What could possibly make you feel more connected to Mother Nature?

Layer that same feeling, now, into a modern world where exquisite foods can be flown across the country for all to enjoy, but with the caveat that the season is perishable.

This is a very different concept than the year-round access to pithy tomatoes or tasteless strawberries! The hyper-seasonal trend is about here today, gone tomorrow but with an all-access pass.

One such food, which is also the new kid on the block, is the amazingly crisp and tangy sweet apple called Sweetango.

It is unlike any other apple you have tasted so far

and well worth finding while the gettin' is good.

As Franco DiLiberatore, vice president of sales and marketing at Scotian Gold Cooperative in Nova Scotia shares, "We're really excited about the Sweetango hyper-season this year because, as a relatively new variety, this is the first time Canadians across the country will be able to find them."

Find these fruits of Eve and pair them with a perishable stout craft beer and some fresh cheese for your next party. Rounding up items from all over the world that are unique and slightly hard to find creates a "must attend" feeling. Your parties will be the ones on the block that everyone can't wait for...just like the apple season.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Baked Apple Chicken.

This recipe will make a more fancy appetizer at your next party or a quick weeknight meal

THERESA ALBERT
myfriendinfood.com

There is something about the zing of an apple paired with the zest of goat cheese, and heft of thyme and rosemary that will make this simple, one-dish bake a go-to weeknight recipe.

If you have time, roll the breasts and pin them to cut into pinwheels for lovely appetizers.

If not, slap them into the dish and in the oven in no time. The taste is the same, just the presentation is different.

1. Grate 1 Sweetango apple into a large bowl. Slice the remaining apple into thin wedges, drizzle with lemon and set aside.

2. Add yogurt, goat cheese, thyme, rosemary, pepper and garlic to grated apple, mix well.

3. Lay the chicken breasts onto the counter on a piece



This Sweetango Baked Apple Chicken recipe makes four servings. Use your Metro News app to scan this photo for a video of Theresa Albert talking about planning a party using hyper-seasonal foods. THERESA ALBERT

of plastic wrap, cover with a second sheet of plastic wrap. Pound with your fists or gently with a meat mallet to thin to a half-inch.

4. Drizzle oil into a baking dish. Place thin layer of apples into dish. (Be sure dish is large enough that they are not touching.)

5. Lay chicken onto apples and spread yogurt mixture on chicken breasts and then lay apple slices on top.

6. Cover with foil and bake at 400 F for 15 minutes, remove foil and bake for 5-10 more or until chicken is cooked through.

FLASH FOOD

From your fridge to your table in 30 minutes or less



7. Serve hot or chill in fridge and serve cold with salad greens.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY SWEETANGO

Ingredients

- 2 Sweetango Apples
- 1/2 fresh lemon
- 3/4 cup plain Greek yogurt
- 3 oz goat cheese (chevre)
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp white pepper
- 1 clove garlic, minced
- 4 boneless skinless chicken breast halves
- 1 tsp extra virgin olive oil



This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 4 large sweet potatoes
- 1 lb loose fennel sausage meat
- 1/4 cup chopped shallots
- 4 cloves garlic, minced
- 2 tbsp minced fresh rosemary
- 1 large apple, peeled, cored and diced
- 1 cup cheese curds, chopped
- Kosher salt and ground black pepper

Apples, sausage and sweet potatoes, all baked up together. Does it get more wonderfully autumnal?

It really is that simple. This Apple-Sausage Stuffed Sweet Potatoes dish takes all the best flavours of fall and combines them into one awesomely twice-baked package.

Add cheese and you have a fantastic dinner.

1. Heat the oven to 350 F.

2. Use fork to poke several

holes into potatoes. Place directly on oven's middle rack and bake 45 minutes, or until tender throughout when pierced with a knife. Remove from the oven and cool. Leave oven on.

3. Meanwhile, in skillet over medium-high heat, sauté the sausage, shallots, garlic and rosemary until the sausage is browned and cooked through. Remove from the heat. Stir in the apple, then set aside.

4. Once potatoes have cooled

enough to handle, cut each in half lengthwise. Use spoon to scoop out most of the insides, leaving about 1/4 inch of flesh. Add the scooped-out sweet potato and the cheese curds to the sausage mixture, mixing it well. Season with salt and pepper. Spoon the mixture back into the sweet potato shells.

5. Arrange the filled sweet potato halves on a rimmed baking sheet. Bake for 25 minutes, or until lightly browned on top.

THE ASSOCIATED PRESS

Combine the best of fall tastes

AN OUNCE OF PREVENTION

It's cold and flu season and time to arm yourself with some prevention strategies.

The cold includes the sniffles and generally infects your nose and throat, says Glenda Hubley, a registered nurse in Sault Ste. Marie, Ont. The flu, on the other hand, can affect your respiratory track and cause complicated breathing issues. It often causes aches and pains everywhere, too.

How can you protect yourself from catching one or the other?

- Good handwashing habits is the golden standard for both cold and flu protection. Wash your hands frequently to wash away germs. Wash with soap and water, using the lather to wash the front and back of hands and in between fingers and under nails for at least 15 seconds. Then rinse under warm running water and dry with a clean towel. Use alcohol-based hand cleaners if soap and water are not available.
- Be sure to teach everyone in the family to wash their hands properly. Don't use a common hand towel when someone is sick. Launder towels in the house everyday when someone is sick.
- Germs spread when people with a cold or flu cough, sneeze or talk. If you have to cough, cough into your sleeve or a tissue.



SHUTTERSTOCK

"What you don't want to do is cough onto your plate of food or your fork," Hubley says.

- Be conscious of what you are doing with your hands during cold and flu season. "Do not touch your mouth, then touch your face and touch the food you eat," Hubley says.
- The Centers for Disease Control and Prevention recommends keeping your im-

mune system strong by eating healthy foods, getting regular activity, and getting adequate sleep. A person is constantly exposed to germs in public and it's how their immune system deals with the germs that determines whether or not they will get sick.

- Clean and disinfect surfaces or objects that a lot of people touch in the house such

FLU SHOT HELPS

Health organizations including Health Canada and the U.S. Centers for Disease Control and Prevention say the best way to prevent the flu is to get the flu vaccine each season.

According to Health Canada, the flu vaccine will help protect you if you are exposed to the virus, help stop you from getting very sick, and help prevent you from passing the virus on to others.

For information, talk to your health-care provider, pharmacist or local health unit.

The Public Health Agency of Canada (phac-aspc.gc.ca) provides more information about the flu shot.

as doorknobs, light switches, TV remotes, telephones, and keyboards.

- Don't smoke. WebMD reports that heavy smokers get more severe colds and more frequent ones.
- Take some time to relax. Relaxation is thought to help rev up your immune system.

— Ylva Van Buuren

Echinaforce® is the only product approved by Health Canada for both **prevention and treatment of cold & flu.**

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- > Shortens the duration of infection
- > Made from fresh, organic, GMO-free plants

For ages 2+

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- since 1923



SHUTTERSTOCK

Keep your immune system strong

Along with cooler temperatures, fall also ushers in cold and flu season; tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of *The Canadian Encyclopedia of Natural Medicine*. Torkos also offers tips on her website, sherrytorkos.com.

There are many effective prevention strategies.

"Most important of all is maintaining a strong immune system," Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

Perhaps the most popular immune booster is echinacea purpurea. In 2012, scientists at

the Cardiff University School of Biosciences completed the largest clinical study on echinacea purpurea in history, using A. Vogel's Echinaforce®, a proprietary extract obtained from fresh organic, GMO-free plants. The study found that this particular preparation of echinacea effectively enhances the immune system and reduces the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada approved Echinaforce® for both prevention and treatment of cold and flu, and deemed it safe to take regularly up to four months, making it a great and natural way to stay healthy this winter.

Distributed in Canada for more than 50 years, A. Vogel products are sold in 30 countries worldwide.

L.A. Kings

Arrest prompts NHL to suspend Slava Voynov

The NHL suspended Los Angeles Kings defenceman Slava Voynov indefinitely Monday after the two-time Stanley Cup winner's arrest on suspicion of domestic violence.

Voynov was booked and released at the Redondo Beach jail after his arrest early Monday morning at a Torrance hospital on suspicion of corporal injury to a spouse, Redondo Beach police Lt. Joe Hoffman said. The 24-year-old Russian defenceman posted \$50,000 US bail.

"These developments are of great concern to our organization," the Kings said in a statement. "We support the NHL's decision to suspend Slava Voynov indefinitely during this process, and we will continue to take appropriate action as the legal proceedings and the investigation by the NHL take their course."

Craig Renetzky, the lawyer representing Voynov, told The Associated Press that Voynov hasn't yet been charged with a crime. His next court date is Dec. 1, Renetzky said.

"We're just asking everybody to be patient, because arrests don't always lead to charges and convictions," said Renetzky.

THE ASSOCIATED PRESS

Broken finger

Hedman off the ice for six weeks

Tampa Bay Lightning defenceman Victor Hedman will be out of action four to six weeks, with a broken finger on his right hand.

Hedman was hurt in the Lightning's 4-2 win in Vancouver on Saturday. He left the game in the second period and did not return.

The team said the broken finger will require surgery.

Hedman was off to a promising start this season with three goals and four assists in five games.

"That's a big loss, he's playing so well and he's a horse for us," Lightning captain Steven Stamkos said after Saturday's game. **THE CANADIAN PRESS**



The Val-d'Or Foreurs' Maxime Presseault tries to get the puck past Halifax Mooseheads goaltender Zach Fucale during last year's QMJHL playoffs. JEFF HARPER/METRO

Players sue CHL, millions at stake

Players fees. Class action claims league pays less than minimum wage

A class action lawsuit launched against the Canadian Hockey League alleges its players are underpaid and seeks millions in financial compensation.

The suit claims players have been paid less than the minimum wage required by law in their regions and asks for \$180 million in back wages, overtime and vacation pay, as well as punitive damages.

The lawsuit is the latest labour shot across the major junior hockey's bow. An attempt to unionize major junior players stalled in 2012, but Canada's largest private sector union Unifor expressed interest in July in representing the players in the future.

A statement of claim filed

last Friday in Ontario court alleges that if players want to participate in these leagues, they must sign contracts paying them a weekly fee between \$35 and \$125 per week with no set hourly wage, overtime, vacation or holiday pay.

The lawsuit cites OHL players as examples, saying they devote 35 to 40 hours a week to a team and receive \$50 on average.

None of the allegations have been proven in court.

The crux of the lawsuit isn't whether the players are professional or amateur.

"The big question is whether the players are employees within the meaning of minimum-age legislation across the country versus an independent contractor," said Toronto lawyer Ted Charney, who is representing the play-

ers. "If the judge hearing the class action decides they're employees, in my opinion, there is a breach of legislation across the country."

CHL commissioner David Branch counters the players are neither employees nor independent contractors.

"They're amateur student-athletes," Branch said in an interview Monday. "We'll certainly vigorously defend ourselves because this could not only in our view have a negative effect on hockey in Canada, but through all sports in which amateur student-athletes are involved."

Charney disagrees with the Branch's description of the players.

"It's hardly an amateur league," Charney said. "The league is in the business of making profits, which they do, significant profits off the services provided by the players, who get basically zilch in terms of services." **THE CANADIAN PRESS**

Over 60 teams

Juniors from Victoria to Halifax

The CHL is the umbrella organization for the Western Hockey League, Ontario Hockey League and Quebec Major Junior Hockey League. It touts itself as the top development league for the NHL.

There are 60 teams in

the CHL, stretching from Victoria to Halifax and including eight teams based in the United States. More than 1,300 players, ranging from age 16 to 20, play in the CHL's leagues, which comprise both privately owned and community-owned clubs. Teams such as the Calgary Hitmen and Edmonton Oil Kings are owned by the NHL team in their respective cities.

4 SPORTS



Bouchard bears beating

Canada's Eugenie Bouchard fell to Romania's Simona Halep 6-2, 6-3 in Monday's opening night of the WTA Finals in Singapore. Scan the image with your Metro News app for more coverage from Singapore. CLIVE BRUNSKILL/GETTY IMAGES



The golden arm

Passing yards record next for Manning to claim

Next up for Peyton Manning: the NFL passing yardage record.

It's one of the few glamorous passing records Manning doesn't own, now that he has broken Brett Favre's mark for touchdown throws. Manning needs about 5,000 more yards to surpass Favre (71,838) in that category, and is on track to finish his career with numbers, across the board, that might never be matched.

"Peyton loves to play this game, he loves to break records and he loves to put up points," said Broncos receiver Emmanuel Sanders, who caught the first of Manning's four touchdown passes on Sunday night.

THE ASSOCIATED PRESS

Banged-up Bills

RBs Spiller and Jackson both out with injuries

The one-two punch in the Buffalo Bills' offensive backfield just got knocked out.

Running back C.J. Spiller is out indefinitely — and could miss the rest of the season — after having surgery Monday to repair an injury to his collarbone. And co-starter Fred Jackson revealed during his weekly radio show on Buffalo's WGR that he could miss up to four weeks with a groin injury.

Both players were hurt about 10 minutes apart in the first half of a 17-16 win over Minnesota on Sunday.

The injuries leave Buffalo (4-3) turning to backups Anthony Dixon and Bryce Brown to carry the load for the near future.

THE ASSOCIATED PRESS

Contenders hope rest reigns over rust

World Series. Giants, Royals look to avoid same fate as past teams that struggled following long layoffs after league championship series

Alex Gordon took a big rip at a batting-practice fastball, fouled it off badly into the cage, and ducked when the carom nearly hit him in the head.

Gordon let out a huge laugh, and so did a bunch of his Kansas City Royals teammates watching Monday's workout.

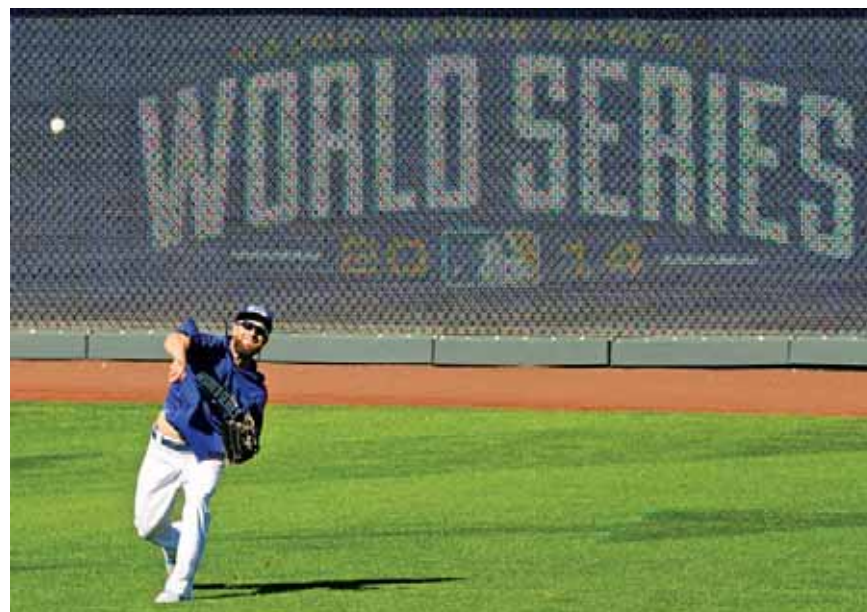
"I can't believe that just happened, dude," pitcher James Shields razed.

It'll be more frustrating than funny if those are the same awkward swings the Royals and San Francisco Giants take once the World Series begins.

Going into Game 1 on Tuesday night at Kauffman Stadium, both teams will deal with a familiar issue this deep in the post-season: Does an extended layoff translate into rest or rust?

Buster Posey and the Giants zipped through the playoffs, and now will try for their third title in five years. Lorenzo Cain and the Royals zoomed along, reaching the Series for the first time since 1985.

And then, they all got some time off. Almost an eter-



The Royals' Alex Gordon throws in the outfield during practice on Monday, in Kansas City, Mo. The Royals will host the Giants in Game 1 of the World Series on Tuesday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

nity, by October standards.

The Royals went 8-0 in the AL playoffs, giving them five idle days before Shields starts the opener. San Francisco went 8-2 on the NL side and had four days to relax before Madison Bumgarner pitches.

"It's definitely different because we have played so many games over the last 7-1/2, eight months. But you just understand it's one of those things," Posey said.

As recent history has shown, hitters can be very vulnerable when they get out of rhythm.

"It affects a bit with your

Championship rarity

The only other time both World Series participants were wild cards was 2002, when the Angels beat Barry Bonds and the Giants in seven games.

timing, especially when trying to adjust to pitchers," Kansas City second baseman Omar Infante said. "It's hard to recover that groove you have."

The slightly favoured Giants and Royals held practi-

ces, studied video and checked out scouting reports. But as several teams that stumbled in the World Series after long breaks discovered, nothing can duplicate playing a real game.

Triple Crown winner Miguel Cabrera and Detroit got nearly a week off in 2012, then the Tigers hit a combined .159 and totalled six runs in getting swept by the Giants.

Troy Tulowitzki and the Colorado Rockies rushed into the 2007 World Series, waited a week and got outscored 29-10 in Boston's sweep.

THE ASSOCIATED PRESS

English Premier League. Man United's Blind rescues a draw with West Brom

Manchester United came from behind twice to earn a 2-2 draw with West Bromwich Albion in the Premier League on Monday, with Daley Blind scoring the second equalizer with three minutes remaining.

Saïdo Berahino had given West Brom its second lead of the match in the 65th minute with his sixth goal of his breakthrough season.

United is without a win in four away matches this campaign. THE ASSOCIATED PRESS

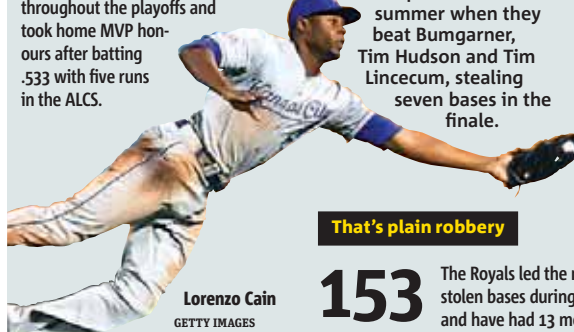


Manchester United's Daley Blind celebrates scoring on Monday. PAUL ELLIS/AFP/GETTY IMAGES

Cain raising his game

.533

Lorenzo Cain made a series of spectacular defensive plays throughout the playoffs and took home MVP honours after batting .533 with five runs in the ALCS.



Lorenzo Cain GETTY IMAGES

Past bragging rights

The Royals have won nine of their 12 interleague meetings with the Giants, including a three-game sweep at home this summer when they beat Bumgarner, Tim Hudson and Tim Lincecum, stealing seven bases in the finale.

That's plain robbery

153

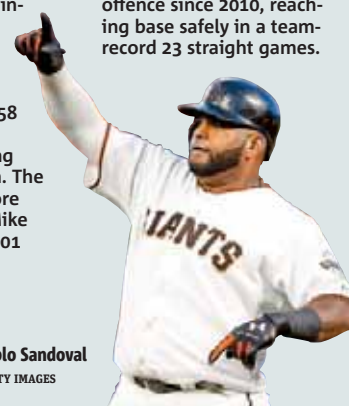
The Royals led the majors with 153 stolen bases during the regular season and have had 13 more in the playoffs.

Big Game Bum

Madison Bumgarner has thrown 15 scoreless innings in World Series play, winning both his starts while striking out 14 and yielding five total hits. He is also a threat at the plate, batting .258 with four homers, 15 RBIs and a .470 slugging percentage this season. The last pitcher to have more RBIs in a season was Mike Hampton with 16 in 2001 for Colorado.

Potent Panda

Pablo Sandoval has keyed San Francisco's post-season offence since 2010, reaching base safely in a team-record 23 straight games.



Pablo Sandoval GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Don't try to work out the best way to tackle a difficult situation, just do what feels right now. Fate will guide you in the right direction.

♉ Taurus

April 21 - May 21

The approaching eclipse marks either a turning point or a point of no return. Which it is depends on your attitude. What goes out of your life over the next few days you really no longer need.

♊ Gemini

May 22 - June 21

You cannot escape your commitments but you can make life easier for yourself by taking a more active interest in the events of everyday life.

♋ Cancer

June 22 - July 23

Pluto in your opposite sign of Capricorn is testing how strong your friendships and relationships are. What happens this week makes clear who you can trust, and love.

♌ Leo

July 24 - Aug. 23

You know what needs to be done and you know it must be done now. So get your act together and get moving — then don't stop.

♍ Virgo

Aug. 24 - Sept. 23

You are about to embark on a highly positive phase. There is every reason to feel optimistic about the future — well, your future anyway — so cheer up.

♎ Libra

Sept. 24 - Oct. 23

You can continue to deny you have a problem but that won't make it go away. The planets urge you to face what needs to be changed in your life.

♏ Scorpio

Oct. 24 - Nov. 22

You need to put minor disagreements behind you so you can see new possibilities. Everything will change over the next few days. Will it change for the better? That depends entirely on you.

♐ Sagittarius

Nov. 23 - Dec. 21

Have allowed your mind to get stuck in a rut? The only person who can make things fresh and exciting again is you.

♑ Capricorn

Dec. 22 - Jan. 20

You have to make a decision that affects the lives of friends and family and loved ones. Think carefully before making your move — then act decisively. The universe is behind you all the way.

♒ Aquarius

Jan. 21 - Feb. 19

You don't have to start again from scratch with nothing. What you need to make your life happier is right there in front of you.

♓ Pisces

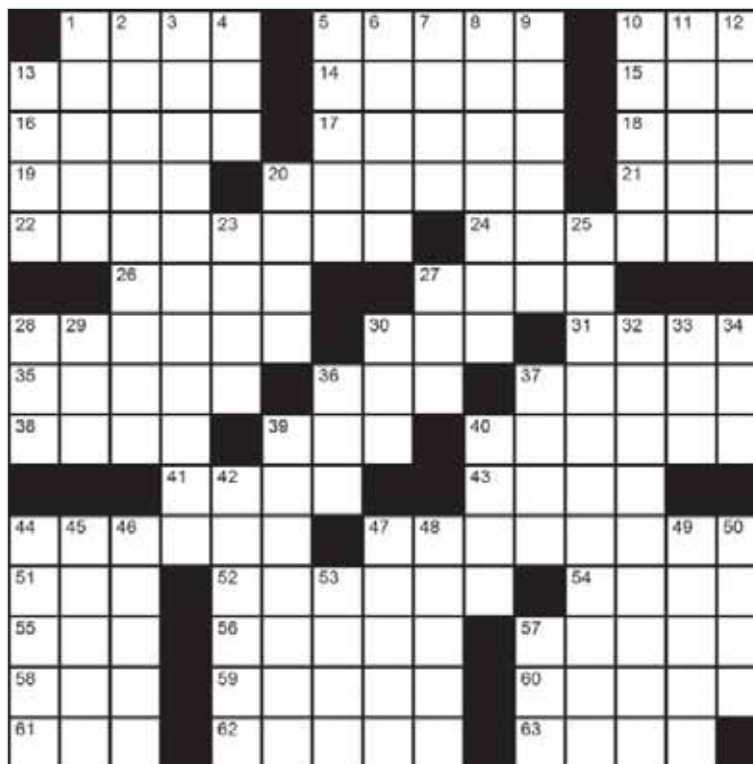
Feb. 20 - March 20

The most important thing today is that you believe in yourself 100 per cent. All things are possible, for you anyway.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. MLB officials
5. Wings hit: "___"
10. "___ Day": Hit by #24-Across
13. Don a dress for fit: 2 wds.
14. Shampooing direction
15. ___ trip
16. Q. "What did you have for breakfast?" A. "___ of cereal."
17. ___ Sketch
18. Toronto-born Senator Mr. Eggleton
19. Rate
20. "If this ___ leather, I don't want it." ...said the vegan purse purchaser
21. Look
22. Bewitch
24. Canadian singer/songwriter Daniel
26. Certain cloud
27. Late comedian Richard
28. Margarine-in-a-container amount
30. Possessed
31. Recipe amt.
35. Modern English's "___ With You"
36. Dr. Vivienne ___, retired Canadian Senator
37. Brit pop group, ___ 7
38. Mackerel sort
39. "Hee ___"
40. Composer George M.'s
41. Quash



43. Federal org. concerning broadcasting
44. Bob __ (Premier of the N.W.T.)
47. Comment giver
51. Everybody
52. Ms. Fanning
54. Latin hymn: "Dies ___"

55. Excessively
56. Andes animal
57. New Zealand language
58. Brick foliage
59. White-plumed heron
60. ___ Barkley, President Truman VP

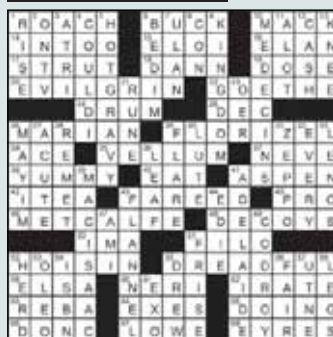
61. Mr. Beatty
62. Guitarist's highlights
63. Secondhand

Down

1. "___ Cowboy" (1980)
2. Claire Holden Rothman book, a 2014
3. Celine Dion song, with The, that goes "The whispers in the morning...": 3 wds.
4. Lorne Michaels' gig
5. Street type, briefly

6. Bishop's hat
7. Without repetition
8. ___, like Montreal's 1976 Summer Games stadium
9. SNL alum Kevin
10. Scary creature
11. Think alike
12. Adorer
13. Record
20. Global, briefly
23. Stuck in ___
25. Salem's historic happenings: 2 wds.
27. T.O. baseballer
28. ___-Tac-Toe
29. Apricot-like Japanese fruit
30. In what manner?
32. 1991 movie about a Jesuit priest in New France: 2 wds.
33. Daylight giver
34. TV network
36. Rocket launch site
37. Marsh bird
39. 2004 Viggo Mortensen horse flick
40. Shania Twain trophy, e.g.
42. Lots and lots
44. Montreal 'morning'
45. Garlic segment
46. Architect, Frank ___ Wright
47. Shakespeare title guy
48. States: French
49. Dog-___
50. Harness
53. Mr. Malden
57. Egyptian ___ (Cat breed)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

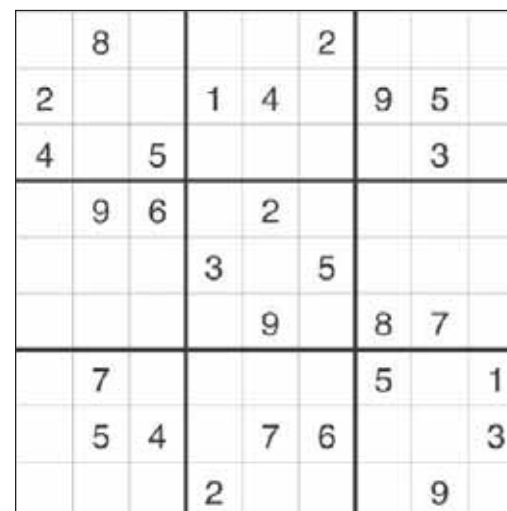


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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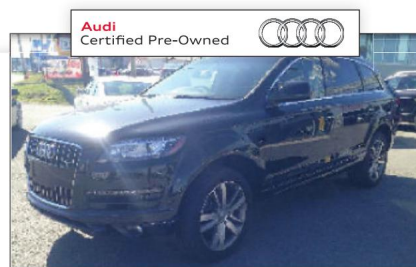
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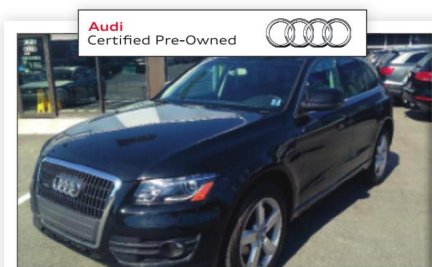
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Rio4 SX with Navigation shown² hwy / city 100km³: 5.3L/7.3L

Rio5 SX shown² hwy / city 100km³: 5.3L/7.3L

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Forte SX shown² hwy / city 100km³: 5.3L/8.0L

2015 **FORTE** LX MT

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WEEKLY DOWN FINANCING FOR
PAYMENT 84 MONTHS*

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OWN IT FROM
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Sorento EX shown² hwy / city 100km³: 9.0L/12.7L

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The Power to Surprise

Offer(s) available on select new 2014/2015 models through participating dealers to qualified retail customers who take delivery from October 1 to 31, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing excludes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable), licensing, registration, insurance, and other taxes. Other lease and financing options also available. **Representative finance example:** 0% financing offer for up to 84 months available to qualified retail customers on approved credit for the new 2015 Sportage LX MT FWD (SP551F)/2015 Sorento 2.4L LX AT (SR75BF)/2015 Forte LX MT (FO541F) with a selling price of \$22,995/\$25,745/\$14,495 which includes a \$0/\$1,250/\$1,500 loan rebate and excludes delivery and destination fees of up to \$1,665 and \$79 PPSA. 364 weekly payments of \$63/\$71/\$40 for 84 months with \$0 down payment. Credit fees of \$0. Total obligation is \$24,839/\$27,589/\$16,059. See retailer for complete details. *Cash bonus amounts are offered on select 2014/2015 models and are deducted from the negotiated purchase price before taxes. Available on finance, lease or cash purchase offers. Offer varies by trim. Certain conditions apply. \$7,000/\$5,000/\$3,750 maximum cash bonus amount only available on the 2014 Sedona EX Luxury (SO75CE)/2014 Optima SX AT (OP749E)/2014 Sportage SX AT (SP759E)/2014 Rio4 SX AT (RO748E). ¹Loan rebate amounts are offered on select 2014/2015 models and are deducted from the negotiated purchase price before taxes. Available on financing offer only. Offer varies by trim. Certain conditions apply. Offer ends October 31, 2014. See your dealer for complete details. ²"Don't Pay Until 2015" on select models (90-day payment deferral) applies to purchase financing offers on 2015 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends October 31, 2014. ³Model shown Manufacturer Suggested Retail Price for 2015 Sorento 3.3L EX AT AWD (SR75HF)/2014 Sportage SX AT Luxury AWD (SP759E)/2015 Forte SX (FO749F)/2014 Optima SX Turbo AT (OP748E)/2014 Rio4 SX with Navigation (RO749E)/2015 Sportage SX AT Luxury AWD (SP759E) / is \$34,495/\$38,295/\$26,695/\$34,795/\$22,295/\$38,495. ⁴Highway/city fuel consumption is based on the 2015 Sorento LX 2.4L GDI 4-cyl AT/2015 Forte 1.8L MPI 4-cyl MT/2015 Sportage 2.4L 4-cyl AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. The 2014 Kia Sportage received the lowest number of problems per 100 vehicles among small SUVs in a tie in the proprietary J.D. Power 2014 U.S. Initial Quality Study⁵. Study based on responses from 86,118 new-vehicle owners, measuring 239 models, and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed from February to May, 2014. Your experiences may vary. Visit jdpower.com. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.